

Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca	mg	4	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Iron, Fe	mg	0.30	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Magnesium, Mg	mg	26	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Phosphorus, P	mg	20	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Potassium, K	mg	290	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Sodium, Na	mg	2	--	--	--	--	--	--	--	--	Calculated from nutrient label by NDL	--	07/2010
Zinc, Zn	mg	0.05	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Copper, Cu	mg	0.040	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005

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Selenium, Se	µg	1.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Vitamins													
Vitamin C, total ascorbic acid	mg	21.9	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Thiamin	mg	0.020	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Riboflavin	mg	0.060	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Niacin	mg	0.540	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Vitamin B-6	mg	0.260	--	--	--	--	--	--	--	--	Value manufacturer based label claim for added nutrients	--	03/2005
Folate, total	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Folate, food	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Folate, DFE	µg	17	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007

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Choline, total	mg	4.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Vitamin A, RAE	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Carotene, beta	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2005
Carotene, alpha	µg	2	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Vitamin A, IU	IU	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2007
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Lutein + zeaxanthin	µg	20	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone)	µg	0.5	--	--	--	--	--	--	--	--	Calculated or imputed	09040	03/2003
Lipids													
Fatty acids, total saturated	g	0.072	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005

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8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
16:0	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:0	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fatty acids, total monounsaturated	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
16:1 undifferentiated	g	0.004	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:1 undifferentiated	g	0.023	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
Fatty acids, total polyunsaturated	g	0.041	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:2 undifferentiated	g	0.028	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:3 undifferentiated	g	0.013	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2005

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Amino Acids													
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2005
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003